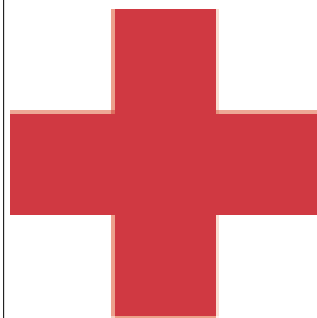


Wolf Pack WARRIOR

Vol. 18, No. 8

8th Fighter Wing, Kunsan Air Base, Republic of Korea

March 7, 2003



Road to the ORI

Learn how to apply self-aid and buddy care in a variety of situations.

See photos, page 4

News Briefs

CMSAF hosts Kunsan E-call

Chief Master Sgt. Gerald Murray, the 14th Chief Master Sgt. of the Air Force, hosts an enlisted call 10:40 a.m. Wednesday at the Hangar 3. Maximum participation is encouraged. Troops must be in place by 10:30 a.m.



Air Force photo

NK fighters 'lock on' to RC-135

Four North Korean fighter jets intercepted an Air Force plane in international airspace over the Sea of Japan early Monday. The fighters engaged an American RC-135S reconnaissance aircraft on a "routine mission" 150 miles off the coast of North Korea. The fighters were armed and at least one engaged its fire-support radar and "locked on" to the American jet. The aircraft returned unharmed to its home base in Japan.

Cost for SGLI reduced

Military members will pay less for their Servicemembers' Group Life Insurance and Family Member SGLI starting July 1. The rates decrease 1.5 cents per \$1,000 of coverage for military members and as much as a 42 percent decrease for spouse coverage.

Sun may cause AFN outages

Armed Forces Network officials expect solar radiation to cause signal outages between Feb. 28 and March 15. The outages occur twice a year when satellites used to relay broadcast signals are overpowered by solar radiation. This year's outages are expected through March 15.

Army issues Web site warning

The Army Computer Emergency Response Team warns all military personnel that a new, unauthorized, web site has been established claiming to provide emergency notification in order to support military families. The site, www.nacec.org, is not to be used in any way for Army military and/or civilian messaging.

More Reserve troops mobilize

The Air Force, Army and Marine Corps each announced increased numbers of National Guard and Reserve troops mobilized Feb. 26. The Air Force currently has 19,906 reserve troops activated.



Photo by Staff Sgt. Kelley Stewart

WOMEN'S HISTORY: Tech. Sgt. Joanna Adams, 8th Fighter Wing Command Post senior emergency action controller, and Senior Airman Tenola Clark, emergency action controller, record the arrivals and take offs of Tuesday's aircraft. March is Women's History Month and the Women's Heritage Committee has events planned through out the month.

Addressing sexual assaults

Senior leaders work closely with Congress to uncover facts

WASHINGTON — The Air Force's senior leaders vowed Monday to work closely with Congress to uncover the facts behind recent sexual assault cases and to address the broader climate at the U.S. Air Force Academy in a comprehensive manner.

"There is no place in our Air Force for anyone who would assault a woman, harbor those who do or shun anyone who seeks to report a crime," said Secretary of the Air Force Dr. James G. Roche. "We will leave no stone unturned in our examination of this problem, and make no mistake: we will be undeterred from taking any and all actions to fix it."

Those remarks, said Air Force Chief of Staff Gen. John P. Jumper, are consistent with a commitment to enhance "officership, character and judgment" at the academy.

"The Air Force Academy is one of our nation's most precious institutions and a critical source of future leaders of our Air Force," Jumper said. "We do not want criminals, those who cover for criminals, or those who would stigmatize a victim. A person who disregards the

dignity of another in this manner is not the person we want to entrust with the defense of our nation."

Roche and Jumper promised that Air Force leaders will not "gloss over this issue" by simply instituting more sexual education training or lectures, but that they would instead seek to align the culture of the academy more closely with the rest of the Air Force. In addition, the two Air Force leaders welcomed the calls from members of Congress to establish two related efforts to review the issues and cases.

Sen. John Warner wrote to the deputy undersecretary of defense for manpower and Reserve affairs to review the Air Force's efforts as well as policies at the other service academies.

Sen. Wayne Allard, a member of the Academy Board of Visitors, alerted the Air Force to additional individual cases and made suggestions on improving the climate at the academy.

Roche said the work of the Congress has been instrumental in getting any potential problems resolved at the academy.

Members of an Air Force fact-gathering team tasked with looking into the sexual assault allegations at the academy returned to the Pentagon Feb. 28.

Roche and Jumper formed the working group to review the sexual assault

programs, policies and procedures in place at the academy and other commissioning sources.

The group will consider whether policies and procedures were implemented properly, to include prosecution of the accused and proper assistance to victims. The eight members will bring the information they gathered during a two-week period to a working group headed by Air Force General Counsel Mary Walker.

In addition, Roche traveled to the academy Feb. 27 and addressed the entire cadet population on character, leadership and his expectations of the prospective officers in attendance. Jumper will go to the academy in early March to hold a special "commander's call" with academy leaders and cadets.

Roche said he, along with Jumper and Air Force Academy Superintendent Lt. Gen. John Dallager, will get to the bottom of the allegations, and they will also address broader policy and programs to instill confidence in the academy. An initial set of findings and directives is expected by the end of March.

The secretary said only a small percentage of cadets are involved in these types of crimes, and while such behavior should not reflect upon the rest of the cadet wing, all of the academy community must be part of the solution.

— Courtesy Air Force Print News



WMD threats and emergency actions

With weapons of mass destruction being mentioned more and more in the news lately, it's important to know what to do if these weapons are ever used.

Chemical, biological, and radiological material can be dispersed in the air we breath, the water we drink, or on the surfaces we physically touch.

Dispersion methods could include placing an open container in a heavily used area, using conventional garden or commercial spray devices; or detonating an improvised explosive device to disseminate chemical, biological or radiological material.

Chemical incidents are characterized by the rapid onset of medical symptoms, which could be minutes to hours and easily observed signatures like colored residue, dead foliage, pungent order, and dead insect and animal life.

In the case of a biological or radiological incident, the onset of symptoms requires days to weeks and there are typically few characteristic signatures.

In all cases, being alert to the following could assist law enforcement and emergency responders in evaluating potential threats:

Potential Indicators of Threats or Incidents

- Unusual packages or containers, especially those found in unlikely or sensitive locations, such as near heating ventilation and air conditioning or air intake systems.

- Unusual powders or liquids, droplets, mists, and clouds, especially those found near air intake or HVAC systems.

- Indications of tampering in targeted areas or equipment. For example, locked ventilation or HVAC systems; stocks of food; water supply.

- Reports of suspicious person(s) or activities, especially those involving sensitive locations within or around a building.

- Surveillance of targeted areas, including but not limited to hotels, entertainment venues, subway systems, aircraft, water sources, office buildings and apartment buildings.

- Dead animals or birds, fish or insects.

- Unexplained or unusual odors. Smells may range from fruity or flowery to sharp or pungent, garlic or horseradish-like and newly mown grass or hay.

- Unusual or unscheduled spraying or discovery of spray devices or bottles.

Protective Measures

- Maintain a heightened sense of awareness.
- Place an increased emphasis on the security of immediate surroundings.

- Conduct periodic inspections of building facilities and HVAC systems for potential indicators or irregularities.

- Review emergency operations and evacuation plans and procedures for all locations and organizations to ensure plans are up to date.

- Promptly report suspicious activities to appropriate law enforcement authorities.

Emergency Procedures

- Maintain a safe distance or evacuation area. If outside, move to upwind location; if inside, keep outside doors and windows closed.

- Call your local 911 after reaching safe area.

- Do not handle or disturb suspicious objects.

- Remove possibly contaminated external clothing.

- Follow emergency operations plans and instructions from emergency response personnel.

These tips should help people remain vigilant to potential threats at locations throughout the world.

- Air Force Office of Special Investigations

ACTION LINE 782-5284



Col. Guy Dahlbeck
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

action.line@kunsan.af.mil



ASK MS. SONG

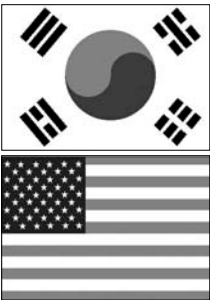


Rosemary Song
Community Relations

Q: I've seen Koreans wear what looks like a surgical mask around town and white gloves when driving. What is the purpose of this?

A: Regardless of their age, Korean people wear masks in the winter to avoid cold air. Usually the masks are only worn if they are sick.

White gloves are worn by professional drivers to absorb sweat and prevent dangerous situations. Some Korean women wear gloves when driving to avoid getting a suntan on their hands.



Send your questions about Korean customs, culture and language to Ms. Song at wolfpackwarrior@kunsan.af.mil.

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WOLF PACK WARRIOR
Vol. 18, No. 8

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Defend the base
Accept follow-on forces
Take the Night North

Senior Airman
Andrew Svoboda
Editor

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Content

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Fown
35th FS	398	46
80th FS	407	34
8th FW	805	80

PERSONNEL TIP

Unit Animal Mascot Policy

All animals must receive all required vaccinations to ensure the health and welfare of the animal as well as base personnel.

Units will assign a primary and alternate point of contact to be the focal point for all questions or concerns regarding mascots.

If kept inside, mascots should be restricted to a small office or work center.

Troops begin base-wide dorm moves

More than 800 troops scheduled to move to comply with Air Force's dorm integrity plan

By Capt. Alisen Iversen
8th Fighter Wing Public Affairs

More than 800 Wolf Pack members are moving rooms this weekend as part of an Air Force-wide plan to ensure unit integrity in the dormitories.

According to Capt. Yvonne Spencer, 8th Civil Engineer Squadron housing flight commander, integrity in the dorms means an entire building or a section of a building is occupied by one unit.

"The move is important for several reasons, unit cohesion, morale and overall protection issues," said Spencer. "Some of the moves are from floor to floor and others are to a different building," she said.

Today, members are packing their belongings, cleaning their rooms and having their rooms inspected.

"By Saturday at noon everyone is going to be out of their rooms," said Spencer. On Saturday, all non-moving members are encouraged to help their coworkers move to their new rooms.

Everyone moving at once allows all affected members to move in one day, hopefully minimizing the inconvenience as much as possible. Otherwise a member would have to wait until the occupant of their new room moved out which then delays additional moves.

Members currently on leave or TDY also posed a particular problem for the big move plan. Anyone not able to move into his or her new room because the current occupant is gone is temporarily moving into building 1431. When the member returns, they

will move to their new room and the new occupant of that room will move in.

Members who are moving need to pay particular attention to how they move their stuff. Government supplied boxes and vehicles can be used, but not if the member wants to be reimbursed for a do-it-yourself-move.

"The estimate is that a member can expect to get \$120 for a 600-pound DITY move," Spencer said. First sergeants and other base personnel will provide transportation for members not planning on being reimbursed for the move.

Other issues were also taken into consideration to minimize inconvenience to the members required to move, including phone, cable TV and DSL connections.

Priority is being given to the members who are moving, but it is important for each member to fill out the proper documentation to switch their service to their new room.

"For their telephone, they need to fill out the right paperwork and make sure it is accurate. They will take their cable box with them, but COMM needs to know their new information," Spencer said.

According to Harry Kim, Samsung vice president, existing DSL customers should take all of their equipment with them to their new room.

Maj. Brian Konkell, 8th Communications Squadron commander, said top priority is being given to those impacted by the move.

"We are going to work 24 hours a day until this is complete," said Konkell. "Our first priority is getting everyone's phone service operational. We don't know how long it will take to get the DSL activated because we don't know how many systems we have. It could take up to three weeks, as the process involves physically running new wires, not just flipping a switch."



Photo by Senior Airman Andrew Svoboda

MOVING SOON?: Airmen scheduled to move must update their personal information at building 590. Troops must be registered in the biometric identification system upon arrival at Kunsan to sponsor visitors, to track personal information or to register a car, bike or moped.

Spencer feels this move will be productive, allowing commanders and first sergeants to make any necessary changes.

Some Wolf Pack members have moved already, including some members in 8th CES, 8th Medical Group, 8th Operations Support Squadron and 8th Logistics Readiness Squadron.

Wolf Pack revises community standards

Changes clarify, update new base policies

Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Senior leadership here recently updated the base's community standards, the base's guidelines for active-duty, civilians and family members interacting with the local community.

This revision includes updating and clarifying wing policy changes implemented throughout the past year and the consolidation of current information.

"The wing implemented a number of policies this year, and we wanted to ensure the community standards reflected them," said Chief Master Sgt. Karl Sagstetter, 8th Fighter Wing command chief. "For example, the community standards now show the changes made in smoking policies."

Amongst the most significant of the changes regards approval authority for living off base.

This update names one person, the 8th Mission Support Group commander, as the focal point of contact for all off base approval, as opposed to the old policy which gave authority to various squadron commanders.

Beyond making updates, the revision also included attachments. Some attachments provide new information, such as adding a chart depicting the Korean enlisted and officer ranks, while others consolidated some exist-

ing information.

"In the old community standards, policy letters were included in each instruction and in the back of the document," said Sagstetter. "Now, we just include the policy letters as attachments so people don't have to read the same information twice."

The review process isn't scheduled to take place annually; however, Sagstetter said with the high rotation here, current leadership felt it was a good idea to take a look at changes and make necessary adjustments.

Senior leaders including first sergeants, commanders and chiefs reviewed the document.

"The review process also gave action offices such as safety, military equal opportunity, and security forces the opportunity to update their own policy letters," said Sagstetter.

Community standards are an ever-evolving set of guidelines, and the command chief, along with the first sergeants and supervisors can assist with any questions.

Each section of the document also includes a point of contact and phone number.

"Community standards provide us the ability to reach out to all our people, providing guidelines to safely live and work around the Kunsan area," said Sagstetter. "There are various situations that come up here that may not apply at other places in the world. By consolidating all these guidelines into one document, we also help bring all base newcomers up to speed."

Significant Community Standards Revisions

- Personnel who wish to live within the restricted area must receive permission on an individual basis. Applications will have the unit commander's approval, and then must be submitted to the 8th Mission Support Group commander or designee for final approval.

- Members residing in the vicinity of A-Town may proceed to their residence alone, but must do so by the most direct route available. If an individual becomes stranded in A-Town alone, call security forces town patrol at 782-466-4859 for guidance or assistance.

- Presence of all foreign national Okku-Silverton [A-Town] club performers is prohibited during curfew hours. They must be escorted off base prior to the established curfew hours as defined in para 3.1.

- On base personnel may only consume alcoholic beverages within facilities authorized to serve alcohol, picnic areas, and at squadron or wing events [such as a hail and farewell, birthdays, morale, welfare and readiness social and sporting events]. Units that hold functions where alcohol is served and facilities that serve alcohol will not serve alcohol past 1:30 a.m. Squadron bars/lounges [i.e. facilities where alcohol is served] will not be in dormitories.

- Military members who are participating in exercises directed by CFC commander/U.S. Forces Korea commander will not consume alcoholic beverages during periods of actual exercise play.

CFC commander exercises include Ulchi Focus Lens; Foal Eagle; Reception, Staging, Onward Movement and Integration; and any other exercise that CFC commander directs. Subordinate commanders will determine who is deemed an exercise participant. Actual exercise play includes from the beginning to the end of the exercise, but doesn't include a pause a pause in exercise.

- During 7th Air Force/8th Fighter Wing initial readiness response exercise or combat employment readiness exercise A-Town and Kunsan City will be closed. A-Town and Kunsan City will reopen 24 hours after ENDEX unless otherwise posted on the Commander Access Channel.

- Air Force Form 40-102, Tobacco use in the Air Force, further outlines smoking in dormitory and housing facilities. Smoking is prohibited in all buildings and facilities except as follows:

- All permanent party dormitories. However, smoking is prohibited in all indoor common use areas. Commanders will ensure that non-smokers are assigned to dormitory rooms with other non-smokers.
- The front entrances to the Loring Club are not smoking areas, and the decorative ash receptacles are present to allow smokers to put out their cigarettes/cigars prior to entering the club.
- No smoking while walking or riding a bicycle in uniform.

- Updated and added policy letters regarding visitors and moped safety.

Road to the...

OPERATIONAL READINESS INSPECTION

SELF AID BUDDY CARE

Spinal (Neck/Back)

Signs and Symptoms

- Mechanism of injury may be the only clue. May not be any signs or symptoms otherwise.
- Lack of feeling in legs and/or arms
- Victim cannot move legs and/or arms
- Victim has been hit on back or neck

Treatment and Actions

If victim is in immediate danger:

- A, B, C, D's
- Move victim using best method to minimize movement of head, neck, and spine (clothes drag)

If victim isn't in immediate danger:

- Immobilize head/neck
- Log roll onto litter/board while maintaining head-neck-spine alignment - Contact medical facility as soon as possible

External Bleeding

Signs and Symptoms

- Bright red or dark red blood
- Pulse weak and rapid
- Eyes appear dull, pupils dilated
- Victim is thirsty, listless
- Nausea and vomiting

Treatment/Actions

- Apply direct pressure
- Elevate if possible
- Use pressure point if needed
- Apply tourniquet as last resort and mark time applied on patient's forehead
- Treat for shock

Internal Bleeding

Signs and Symptoms

- If abdominal:
- Abdomen will be rigid and warm to the touch, may show some bruising
- If extremity:
- Extremity will appear swollen and be warm to the touch, may show bruising

Treatment/Actions

- Abdomen: Apply wide dressing on abdomen to stabilize
- Extremity: Splint and elevate if possible
- Always:
- Treat for shock
- Transport to medical facility as soon as possible

Abdominal Evisceration

Signs and Symptoms

- Internal Organs Visible

Treatment/Actions

- Do not put organs into cavity
- Cover wound and organs with clean moist dressing and secure with an outer dressing
- Bend patients knees to relax abdominal muscles
- Treat for shock
- Transport to medical facility as soon as possible

Extremity Fracture

Signs and Symptoms

- Obvious deformity of the limb
- Painful to the touch
- Grating noise/feeling if moved or rotated
- Swelling and discoloration
- Open fracture (bones are visible)

Treatment/Actions

- Remove clothing from site (if not in chemical environment)
- Check pulse below injury (away from heart)
- Apply splint, include joint above and below - minimize movement

Editor's Note: This is the fourth in an eight part series discussing readiness topics which will appear each week until the Operation Readiness Inspection.

□ ABCD Steps
The following steps should be done first when encountering an injured person:
A: Establish an open airway.
B: Ensure breathing
C: Stop bleeding to support circulation. Place dressings over open wounds and apply pressure. Use a tourniquet only as a last resort and mark the time it was applied on the victim's forehead.
D: Prevent further disability. Immobilize the person's neck or spinal injuries and splint obvious limb deformities.

□ Burn injuries
Minor burns (First degree burns): The signs or symptoms of a minor burn include reddening of the skin. Treat by stopping the burning process with water, covering the burn with a clean dressing, keeping the patient warm and transporting to a medical facility as soon as possible.
Major burns (Second and third degree burns): The signs or symptoms of a major burn include blistering of the skin or charred skin. Treat by stopping the burning process with water, covering with a clean dressing, keeping the patient warm, treating for shock and transporting to a medical facility as soon as possible.
Possible electric burns: Before treating, ensure it is safe to touch the victim. Then locate the entrance and exit wound, cover with a dry dressing, treat for shock and transport to a medical facility as soon as possible.
Possible chemical burn: Before treating, ensure it is

safe to touch the victim. Flush with large amounts of water. The exception is a lime burn. Lime should be brushed off. Remove clothing if practical, treat for shock and transport to a medical facility as soon as possible.
Possible radiation burns: Remove the patient from the source of radiation. Treat any other obvious injuries, treat for shock and transport to a medical treatment facility as soon as possible.

□ Shock
The signs and symptoms of shock include: listlessness; anxiety; cold, clammy, pale blue skin; breathing is shallow, labored and rapid; eyes appear dull, pupils dilated; thirsty; and nausea or vomiting. Treatment actions include: ensure A, B, C, Ds are established; control obvious bleeding; elevate feet if there is no head wound; splint fractures; prevent loss of body heat; give the victim nothing to eat or drink; if unconscious, place the victim on his side; and transport to a medical treatment facility as soon as possible.

□ Heat-related injuries
Heat exhaustion: The signs and symptoms of heat exhaustion include abdominal cramps; pale face; dizziness, faintness or weakness; loss of appetite; nausea or vomiting; profuse sweating; moist, cool skin; and a weak pulse. Treatment actions include treating for shock; lying down in a cool area; loosening or opening clothing; cooling the body by sprinkling water and fanning, but not to the point of shivering; giving the victim water to drink if conscious, but add two table-

spoons of salt to one canteen; and seek medical attention.
Heat stroke: The signs and symptoms of heat stroke include headache; dizziness; read face and skin; hot, dry skin; no sweating; strong, rapid pulse; and high body temperature or hot to the touch. Treatment actions include treating for shock; lying down in a cool area; loosening or opening clothing; cooling body by sprinkling water and fanning, but not to the point of shivering; giving the victim water to drink if conscious, but not to the point of shivering; give the victim water to drink, but add two tablespoons of salt to one canteen; and seek medical attention.

□ Cold-related injuries
Frost bite: The signs and symptoms of frostbite include affected area hard, cold and insensitive to touch; area appears white or mottled blue-white; and may become red and painful when warmed. Treatment actions include removing constricting clothing from area; warm the area carefully; do not rub; and transport to a medical facility as soon as possible.

Hypothermia: The signs and symptoms of hypothermia include apathy and poor judgment; drowsiness; rapid pulse; shivering; and no shivering in later stages. Treatment actions include handling the patient carefully; establishing A, B, C, Ds; preventing loss of additional body heat; transporting to a medical facility as soon as possible.

Source: 8th Fighter Wing Ability to Survive and Operate Guide

8th Fighter Wing Foreign Object Damage Prevention First Quarter Awards



Golden Bolt Award

Given to individuals who find the golden bolt, a disc of foam core board with a golden bolt printed on it, during a FOD walk, or anytime during the day.

Staff Sgt. Kyle Vanderzwaag, 8th Maintenance Squadron

Staff Sgt. James Gillespie, 8th MXS

Senior Airman Frank Minor, 8th MXS

FOD Fighter Award

Quarterly award provided to recognize superior performance by people nominated by their supervisor in support of the FOD prevention program.

Senior Airman Jason McMeans, 80th Aircraft Maintenance Unit

FOD Poster Award

Presented to the person who submits the best poster design for the quarter.

Airman 1st Class Keith Watts, 8th MXS

Squadron FOD award

Traveling plaque presented for garnering the best FOD record based on FOD awards given, FOD walk performance and other FOD-program indicators.

Capt. Timothy Hess, 8th MXS

Airman Leadership School Graduates

The following senior airmen graduated in February:

8th Communications Squadron

Joe Ashton

Cory Cross

8th Aircraft Maintenance Squadron

Jody Burrows

Miguel Chavez Jr.

David Evans

Peter Holcomb

Demetrius Johnson

Bobby Leonard

Donald Mosley Jr.

Travis Parks

Brian Ross

Matthew Szymanski

John Vaught

James Wilbert Jr.

8th Maintenance Group

Christopher Case

8th Maintenance Squadron

Gladis Morales

Valerie Tucksen

Joseph Saunders III

Crystal McDermott

Christopher Edwards

Russell Brenner

Jason Hagen

Brent Bays

Nathaniel Clark

8th Operations Squadron

Lisa Stephenson

Andrew Kalenak



Photo by Senior Airman Andrew Svoboda

DISTINGUISHED VISITOR: Arthur Myers, Air Force Services director, speaks with Tech. Sgt. Charles Marshall, 8th Services Squadron sports and fitness director, during his base visit Tuesday. During the visit, Myers talked to services troops about changes to their careerfield and career broadening opportunities.

CDC High Scores

The following personnel scored 90 percent or better on their career development course end-of-course exams:

Senior Airman James Fraser, 8th Maintenance Operations Squadron, 95 percent

Staff Sgt. Kelly Crouse, 8th Maintenance Squadron, 94 percent

Senior Airman Brian Oron, 8th MXS, 93 percent

Airman 1st Class Roslin Smith, 8th Aircraft Maintenance Squadron, 92 percent

Staff Sgt. Cynthia Koval, 80th Fighter Squadron, 92 percent

Senior Airman James Lane, 8th AMXS, 92 percent

Senior Airman Ryan Smith, 8th Civil Engineer Squadron, 92 percent

Senior Airman Samuel Brandt, 8th AMXS, 91 percent

Staff Sgt. Shane Lewis, 8th MXS, 91 percent

Senior Airman Jeremy Page, 8th MXS, 91percent

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OF THE PRIDE PACK

Job: 8th Maintenance Operations Squadron assistant NCOIC of wing scheduling

Duties: Oversee the maintenance scheduling for all aircraft squadrons.

Hometown: Wewoka, Okla.

Follow on: Tinker Air Force Base, Okla.

Hobbies: Fishing, horseshoes, and water sports like skiing and kneeboarding.

Favorite music: Rock n' Roll, blues and country.

Last good movie you saw: "As Good as it Gets"

Best thing you've done at Kunsan: I took a trip to the DMZ. It was very interesting to see South and North Koreans in one area and being that close to a communist country.

"Tech. Sgt. Turner is the 8th Fighter Wing's time compliance technical order monitor for 40 F-16C and D model aircraft and over 2,000 pieces of equipment. He identified deficiencies with the TCTO program that required immediate action. He conducted a complete audit of 221 active aircraft and commodity TCTOs; deleted over 30 TCTOs and corrected over 270 errors in the core automated maintenance system database. Tech. Sgt. Turner's unique tracking system and follow-up actions of each TCTO ensured 100 percent accountability to the fleet. He also completely revamped the TCTO program, and authored the TCTO continuity book that provided a step-by-step management of all active TCTOs."

Master Sgt. Denise Richardson
8th Maintenance Operations Squadron

Tech. Sgt. Kenny Turner

'Women Pioneering the Future'

Grace Peterson: A Woman in Uniform

[Editor's Note: This article first appeared in the McGuire Air Force Base "Airtides" in March 1998]

By Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

In July 1942, Americans were listening to "Praise the Lord and Pass the Ammunition" on their radios; "The Pride of the Yankees" with Gary Cooper and Babe Ruth opened in movie theaters; and newsreels were telling the story of an American victory near a little island in the Pacific called Midway.

The United States had been at war for little more than seven months and millions of men from all walks of life left their jobs for military service. In response, women were answering the call to work in factories producing aircraft, tanks and ammunition. While "Rosie the Riveter" went to work in cities across the country, another group of women found a new way to serve — in uniform. Grace A. Peterson was one of those women.

"It was a time of decision for me and the country," said Peterson of her choice to enlist in the newly formed Women's Army Auxiliary Corps. "We were targets of considerable criticism, but, thank goodness, our spirits prevailed through the first stormy months."

In fact, Peterson's spirits prevailed for the next 21 years of her career. Her first challenge came at Fort Des Moines, Iowa, an Army cavalry base that had been quickly converted to serve as the first WAAC training base. Peterson's basic training class would be the first enlisted class to graduate from Fort Des Moines, one of the many "firsts" in her career.

Upon graduation, "auxiliary" Peterson was assigned to Fort Oglethorpe, Ga., where she served as a company clerk, training instructor and finally as first sergeant, a position she would hold for the remainder of her career.

During her assignment to Fort Oglethorpe, the Army recognized the important roles the WAAC could serve both at home and abroad. Unable to offer "auxiliary" force members benefits if injured, or protection under traditional conventions if captured, the Army petitioned Congress to convert the WAAC into the Women's Army Corps. On July 3, 1943, the WAC bill was signed into law. All former WAACs were given the choice of returning to civilian life or joining the Army. Peterson stayed. Shortly after her conversion to the WAC, Peterson was assigned to an



Retired Chief Master Sgt. Grace Peterson in a photo taken when she was first sergeant of the 1611th Women's Air Force Squadron at McGuire Air Force Base, N.J. She posed for this base newspaper photo in 1960.

Army Air Force unit at Romulus, Mich.

"That was a big squadron up there. There were about a thousand women assigned to duties all over the base, operating 24-hours a day," said Peterson. "It was quite a chore keeping up with all the issues the women faced."

Peterson would later leave Romulus to serve out the rest of the war in the "beautiful country" of Ladd Field, Fairbanks, Alaska, where units assigned to the Alaskan Wing of Air Transport Command engaged in ferrying aircraft to Russia.

Following the end of the war, Peterson was moved to Westover Air Force Base, Mass., staying there for eight years. While at Westover, Peterson would again have to choose — between the Army and the newly created Women's Air Force.

on billeting the women as far away from the male living quarters as they could possibly get. There was a different attitude than there is now."

Despite the early problems, Peterson went on to achieve several other Air Force "firsts" while at McGuire. In 1958, Peterson and her husband attended the MATS Noncommissioned Officer Academy, where they were one of the first two military couples to graduate (the other couple was in the same class). Peterson was also one of the first women to attend the course.

When Peterson was promoted to senior master sergeant in March 1959, the couple was considered "unique in the Air Force" as the first husband and wife team to reach E-8.

Just more than a year later, Peterson would achieve the "first" she is best known for — being the first woman to be selected for promotion to chief master sergeant.

"She was very happy about it and so was I," said retired Chief Master Sgt. David Peterson. "She worked very hard to get there."

Three years later, Peterson retired from active duty. For 20 years she supervised, mentored, counseled and served as a kind of surrogate mother to thousands of young female airmen, who faced many of the same problems of women in today's Air Force, according to Peterson.

Not surprisingly, her fondest memories are of those troops.

"We used to have regular parade competitions. Well, some of the gals used to pray for rain on Friday nights. I'd say 'better not rain 'cause you kids are sure gonna' get out there and walk," Peterson said laughing.

"And we did — we had a good marching outfit at McGuire. I think it's all part of good discipline."

Today, songs on the radio sing of world peace, "Titanic" reigns supreme on the silver screen and cable news channels still tell the stories of American victories in isolated corners of the world. Though some things never change, others do.

American women now serve side-by-side with their male counterparts as pilots, mechanics, aircrew members, commanders and in many other roles that were closed to Peterson. Air Force women can now have children without fear of being discharged; dormitories and basic training are now co-ed; and assignments are not based on gender.

While the integration of women wasn't easy, it remains part of the Air Force's golden legacy — a legacy that belongs, in part, to Peterson.

WASPs: Women Airforce Service Pilots

[Editor's Note: This article was originally published by Air Education and Training Command News Service in March 1999]

By Connie Lisowski
14th Flying Training Wing

During World War II, a group of young women quit their jobs, left their families and headed for Texas to begin pilot training. This elite group of women became known as WASPs — Women Airforce Service Pilots.

Jacqueline Cochran and Nancy Love were the driving forces behind women joining the ranks of military aviators during WWII. In 1939, Cochran sent a letter to first lady Eleanor Roosevelt, encouraging the use of women pilots in the armed forces. In 1940, Love sent a similar request to the Ferry Division of the Army Air Force. Neither one knew of the other's proposal.

Cochran proposed training women pilots who had a private pilot license to fly military aircraft, while Love proposed hiring women with commercial pilot licenses to ferry airplanes.

Neither proposal was met with much enthusiasm. As the war progressed, however, and the shortage of male pilots became critical, Gen. Hap Arnold combined both proposals and approved female pilots for routine flying duties such as ferrying aircraft, flight testing and transporting cargo and people in the Army Air Force. This initiative freed male pilots for combat duty overseas. As a result, the WASP program was established.

Only 1,830 of 25,000 women volunteers were accepted for pilot training at Avenger Field in Sweetwater, Texas. WASPs received the same training as their male counterparts.

One student stated, "Their training program was the same as the one male cadets were going through all over the country: ground school, flight school, cross-country flying, night flying, instrument flying, daily calisthenics, flying link trainers and constantly marching — the Army way. At the end of each phase of flight training, they were given Army check rides by Army Air Force officers in good and bad weather, in dust storms or with snow up to the propellers. Those who didn't pass washed out, packed their bags, and paid their own way home."

Of the 1,830 women who entered pilot training, only 1,074 graduated and earned their WASP wings. Columbus Army Air Field, Miss., was one of 120

Army bases the WASPs were assigned to after graduation. The first WASPs at CAAF, Eugenie Garvin and Doris Bristol, arrived Dec. 23, 1943.

While at Columbus, WASPs flew AT-10s in flight testing, ferrying and utility/administrative flights. Col. Louie C. Mallory, CAAF commander then, said, "Their general adaptability, conduct and personal records have been excellent. They have demonstrated that they possess the physical stamina required by the type of flying duties they performed. Their low accident rate is a compliment to them as pilots and to the training they were given by the Air Forces. Their attitude has been all that could be desired and their influence on both military and civilian personnel has been wholesome. It is my opinion that large-scale utilization of WASPs would be desirable in cases of national emergency."

As male pilots began returning from Europe, the need for WASPs declined. They had done their job. Over the objection of Arnold, the WASP program was disbanded Dec. 20, 1944.

At the final WASP graduation, Arnold stated, "You and more than 900 of your sisters have shown that you can fly wingtip to wingtip with your brothers. If ever there was any doubt in anyone's mind that women can become skillful pilots, the WASPs have dispelled that doubt. I want to stress how valuable I believe the whole WASP program has been for the country ... So, on this last graduation day, I salute you and all WASPs. We of the Army Air Force are proud of you, we will never forget our debt to you."

Even though WASPs were part of the Army Air Force, they did not receive full military status until many years later. But, in the mid-1970s, the Air Force announced that, for the first time in Air Force history, women would be trained as military pilots. This news spread like wild fire through the WASP community and prompted them to seek the recognition they deserved. With the help of Bruce Arnold, son of General Arnold, and Senator Barry Goldwater, who had commanded female pilots, the WASPs finally received recognition.

In 1977, Congress acknowledged that WASPs were veterans of WWII. In 1984, each WASP received the Victory Medal, and those serving for more than one year also received the American Theater medal.

The WASPs proved themselves to be valuable assets to the Army Air Force, flying more than 60 million miles in every type of aircraft. The only thing they didn't do was fly combat missions.



Women Airforce Service Pilots served at Greenville Army Air Base, Miss., during World War II.

Thirty-eight WASPs lost their lives while serving their country.

Former Secretary of the Air Force Sheila Widnall, reiterated the importance of the WASP program during a 1994 speech. She said, "I am proud to recognize the contribution the WASPs made to World War II. They set the stage for today's women to fly and fight with their spirit and enthusiasm. These heroines ... heard the call and responded with the skills and dedication that gave our country the boost it needed to win World War II."

For more information on the WASP, refer to the organization's Web site at www.wasp-wwii.org.



Women in Military Service for America

The Women In Military Service for America Memorial Foundation seeks information on women who have served in defense of the United States for its historical registry, located at the memorial in Washington D.C. Servicewomen, past and present, may register themselves, a family member or friend. Though more than two million women have served in defense of our America since the Revolutionary War only 250,000 have registered with the nonprofit foundation. Officers of the foundation seek a \$25 donation upon registration, but the donation is voluntary.

www.womensmemorial.org

7
DAYS

Today

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. and 6:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9* one way and \$20/\$18* round trip. For more information, call 782-5213. **Special Consideration for Airmen's Morale program.*

Free food The Loring Club offers club members free baked chicken from 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Howlin' Bowl Bowling is \$8 per person or \$35 per lane 7 p.m. to 1 a.m. at the Yellow Sea Bowling Center.

SonLight Inn meal The 8th Maintenance Squadron propulsion flight hosts a free meal at 6 p.m. The meal includes meat loaf, mashed potatoes and green beans.

Saturday

9-pin tournament The Yellow Sea Bowling Center has a 9-pin tournament at 6 p.m. The entry fee is \$13. For more information, call 782-4608.

Latin night The Loring Club hosts a Latin night in the ballroom. For more information, call 782-4313 or 782-4575.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Hiking trip The Falcon Community Center offers a hiking trip to Mt. Taedun from 8 a.m. to 6 p.m. The cost is \$20/\$16* round trip. For more information, call 782-5213. **Special Consideration for Airmen's Morale program.*

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club hosts bingo at 2 p.m. The early bird bingo game begins at 1:45 p.m.

Rent-A-Lane Rent a lane at the Yellow Sea Bowling Alley from 11 a.m. to 1 p.m. Cost is \$6 per hour. For more information, call 782-4608.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Air Force Sergeants Association Air Force Sergeants Association Chapter 1554 hosts a first term airman of the year induction ceremony 11:30 a.m. at the Loring Club. The cost is \$8 for members and \$9 for non-members. The menu includes roast beef or chef's salad. To get a ticket, call your first sergeant.

Free shoe rental Every Monday is free shoe rental day at the Yellow Sea Bowling Center.

9-ball pool tournament The Loring Club hosts at pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20

FREE USO
CONCERT:

“New
Vision”
Freedom
Rock
8 p.m. Saturday
Loring Club



round trip.

Tuesday

Birthday celebrations Celebrate your birthday at the Falcon Community Center starting at 7 p.m. For more information, call 782-4679 or 782-4619.

Sumo wrestling The Loring Club offers sumo wrestling beginning at 8 p.m. For more information, call 782-4312 or 782-4575.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

8-ball pool tournament Test out your pool playing skills at the Loring Club's 8-

ball pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575. **Free food** The Loring Club offers club members a free Red Devil chili bar from 6 to 9 p.m. in the ballroom.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Thursday

Outback Steak House The Falcon Community Center has a trip to the Outback Steak House and Wal-Mart March 15. Register by today. The cost is \$20/\$16*. Participants need Korean money.

Ladies night Ladies bowl for free all night at the Yellow Sea Bowling Center. *Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.*

Veterans Affairs Brief

A Veterans Affairs briefer from the United States is here 8 to 11 a.m. Thursday at the theater to discuss veterans benefits for members separating or retiring. The briefing also covers: Montgomery GI Bill, disability, Veteran's Group Life Insurance, home loan guarantees and more. To register or for more information, call 782-5644.

Volunteer Opportunity

Monthly visit to
handicapped-living home
U.S. and ROKAF volunteers do light
cleaning and play games with residents
Meet 12:50 p.m. Saturday at Loring Club
For more information, call
Rosemary Song at 782-5194.

Tonight

“Biker Boyz” (PG-13)
Starring Laurence Fishburne and
Tyson Beckford. 7 and 9:30 p.m.
For more information, call the theater
at 782-4987.



MOVIES

Saturday & Sunday Matinee

“The Lord of the Ring: The Two Towers” (PG-13)
Starring Elijah Wood. 3 p.m.

Saturday

“The Lord of the Ring: The Two Towers” (PG-13)
7 p.m.

Sunday

“Drumline” (PG-13) Starring Nick Cannon and
Zoe Saldana. 7 p.m.

Monday

“Drumline” (PG-13) 8 p.m.

Tuesday

“Two Weeks Notice” (PG-13) Starring Sandra Bullock
and Hugh Grant. 8 p.m.

Wednesday

“Two Weeks Notice” (PG-13) 8 p.m.

Thursday

“The Recruit” (PG-13) Starring Al Pacino and
Colin Farrell. 8 p.m.

Education

English composition essays

General English composition with essay CLEP test dates are April 14, 16 and 18. Registration is today. For more information, call 782-5148.

College registration Term-four registration begins Monday, and classes run from March 31 to May 24. A class schedule comes out the first week of March. For more information or counseling, stop by the education office.

Automotive examinations The deadline for ordering the National Institute for Automotive Service Excellence examinations is March 19. The ASE test dates for the May administrative cycle are May 6, 7 and 8. To apply, call the education center at 782-5148.

CCAF graduation The spring 2003 Community College of the Air Force graduation ceremony is 10 a.m. April 22 in the Loring Club. Degree candidates need to call the education office to see if they are eligible to participate. All graduates, supervisors and commanders are encouraged to attend the ceremony. For more information, call 782-5148.

ROTC program notice Air Force ROTC is no longer recruiting non-technical majors for fiscal year 2003. Technical majors in electrical engineering, meteorology, computer science, nursing, math and physics will be recruited. For more information, call 782-5148.

Conversational Korean class A free six-week conversational Korean class is offered from 6 to 7 p.m. Tuesdays and Thursdays at building 1305. Students learn to speak and read basic phrases. If interested, e-mail Rosemary Song at SongAe.Song@kunsan.af.mil.

OTS application acceptance Officer Training School only accepts applications from individuals with technical degrees through October 2003, unless an individual is seeking a rated position. Call the education office at 782-5148 to find out what degrees qualify.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

CLEP/DANTES The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

FSC

Cooking class

The Family Support Center hosts a free cooking class 11:30 a.m. to 1 p.m. Tuesday at the SonLight Inn. Students learn how to cook bulgogi, which is commonly translated as Korean barbecue. For more information, call 782-5644.

Sponsorship Training The Family Support Center gives sponsors the tools to help make new members' transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

Family reunion The Family Support Center hosts a family reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. Wednesdays at SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Survival Korean language class Two-hour class teaches students how to read and write the Korean alphabet and also includes basic travel expressions. Class is 5 p.m. Monday. Registration required, 782-5644.

Volunteer Opportunities

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The military equal opportunity office seeks volunteers to help at the local Kae Chong Orphanage on a weekly basis. On Thursdays, Wolf Pack personnel spend some time with about 40 children. A bus departs at 6:30 p.m. from the military personnel flight parking lot. There is an English session and snack time. If interested in volunteering about two hours, call Tech. Sgt. David Madsen at 782-5371.

Commissary bagging Base members can volunteer to sack groceries from 11:30 a.m. to 6:30 p.m. on weekends for tips. Sign up at the commissary.

Chapel

Protestant services General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

LDS Services are 3 p.m. Sundays at the chapel.



Photo by Staff Sgt. Maritza Freeman

IT'S PARTY TIME: Wolf Pack members dance in the ballroom during the Mardi Gras celebration at the Loring Club Saturday hosted by the 8th Services Squadron. Beads, masks, hats and other souvenirs were given out, as well as prizes that included a digital video disc player.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An “Overview of the Scriptures” is 7 p.m. Thursdays in the chapel conference room.

SonLight Inn hours The SonLight Inn is open 6 p.m. to 10 p.m. Mondays through Thursdays, 6 p.m. to midnight Fridays, 8 a.m. to midnight Saturdays and 8 a.m. to 10 p.m. Sundays. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

❑ Adult Sunday School, 9:30 a.m. Sundays, SL1, room 3.

❑ Basic Christian Training, 9:30 a.m. Sundays at the SL1, room 3.

❑ Korean-American Bible Study, 7:30 p.m. Mondays at the SL1, room 1.

❑ Women's Fellowship, 7 p.m. Tuesdays and every third Thursday at the SL1, room 2.

❑ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

❑ Intercessory Prayer, 8:30 p.m. Saturdays at the SL1, room 2.

For Sale

Comforter Set Joe Boxer twin bed comforter set. Comes with sheets and pillow case. Never been opened and in original packing. Asking \$20. Call John Middaugh at 782-4300 (work).

Chevy Silverado 1993, fully loaded with a 5.7 liter/350 engine, step side, blue and gold paint, tool box and more. First \$3,000 takes it, and the title. Call Master Sgt. Phil Hindali at 782-7397 (work).

Cell phone Decore cell phone with battery charger, extra battery and instruction book. Buy before March 25 and receive 50 minutes free, a value of \$17. The price is \$60. Call Steven Peele at 782-4508 (work).

Air conditioner Carrier upright (Korean) air conditioner. Like new \$500. Various Korean oscillating fans \$5-\$20. Call Steven Peele at 782-4508 or 463-7473.

Laptop A Dell laptop, includes a carrying case and two batteries. \$500 OBO. Call Airman 1st Class Ruby Alvino at 782-5945 before 5 p.m. or 782-9164 after 5:30 p.m.

McMillan PFE Like new McMillan multiple choice PFE study guide. More than 2,400 questions. 50 percent off AAFES price. Call Master Sgt. Moreno at 782-8342.

Scanner Epson Perfection 636U Flat-Bed Scanner. Perfect condition, all original software and packaging included. Works with Windows 98, ME 2000, and XP. \$99. Call Larry Campos at 782-5403.

Wanted

Keyboard instructor Looking for a qualified instructor to teach keyboard. If interested, call Mr. Yi at 782-4619.

Bass player for rock band Looking for someone interested in playing classic rock, 80's and 90's rock. We already have a P.A. system. If interested, call Tech. Sgt. Mark Butler at 782-7588 (home) or 782-4784 (work) or Staff Sgt. Thomas Smith at 782-5474 (work) or 782-9597 (home).

Donations Donate unwanted clothes, electronics and household goods before PCSing. Call Master Sgt. Larry Kirkpatrick at 782-9178 or bring items to building 1245, first floor.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wizards run out of magic

CES A slides past
OSS with 61-56
squeaker victory

By: Senior Airman
Andrew Svoboda
8th Fighter Wing Public Affairs

The 8th Operations Support Squadron Wizards couldn't conjure up enough points to defeat the 8th Civil Engineer Squadron A-Team Tuesday night.

The game was a nail-biter to the end, but after the dust settled, it was the Red Devils who came out ahead 61-56.

The OSS squad, which enjoyed a strong opening this season, before losing three starters to PCS, still brought their "A game" and played twice as hard as the Red Devils. They had to, as they only had half as many players as CES A.

Both teams kicked on their afterburners for the opening minutes of the game. Fortunately for CES A, they had the manpower to rotate players. Early play saw both squads hard-charging up and down the court and scoring some aggressive rebounds.

It was CES A's intention to run the Wizards and tire them out early, said Jon Eaton, who led the Red Devils with 20 points.

Two of their five players played in the previous game," said Eaton prior to the game. "We're going to run a man defense from the start to get running as much as we can."

As the minutes in the first half ticked away, the CES A lead grew. Eaton and William "B.J." Ziemann, who contributed 16 points for the Red Devils, continued to drive the lane. OSS' Charles Long kept his team afloat by playing off the CES squad's weak outside game and hit a three-pointer at the 10-minute mark.

Going into the second half, CES A had a solid 33-20 lead, but the Wizards' best tricks had yet to be played.

CES A claims to have "the best big men in the entire league," which may be true, but that didn't stop Curtis Williams from penetrating the middle.

Despite their lack of players, the OSS' momentum kept growing as the second half continued. John Turner sank the first of a series of important three-pointers, which helped get the Wizards back on board and within 10.

"We had to keep fouling in the second half to stop



Photo by: Senior Airman Andrew Svoboda

GOT IT: David Frank, 8th Civil Engineer Squadron, snags a rebound during a game against the 8th Operations Support Squadron Tuesday. The Red Devils took the win 61-56.

the clock and force free throws to make three pointers," said James Coburn, OSS. "Unfortunately, they kept making the free throws."

Eaton and Ziemann went to the line a total of five times in the game's final five minutes and converted every shot for easy points.

With 16 seconds remaining and the Wizards down by four, Ziemann hit two more foul shots and OSS' Philip Carter, who scored a game-high 24 points, answered right back with a three-point bucket.

The Wizards still trailed by three, but in the final seconds, CES A converted more foul shots and took the win.

"We are quick and have some good shooters," said Turner, whose promise before the game to keep it close came true, despite the Wizards' six-man bench. "Our weakness was our interior offense and defense. They've got some big men which gave us some trouble, but we set our picks and hit open threes," added Carter.

The Red Devils said they started off with a 3-2 defense, but had to go to man.

"We got too relaxed and lost focus for a minute," said Anderson Walker of OSS' second-half comeback. "We played weak on point defense, but we regained composure."



MARCH MADNESS: (Above) James Coburn, Wizards, drives the lane.

(Right) William "B.J." Ziemann, Red Devils, stretches for a lay-up.



SPORTS SHORTS

5K poker run/walk
The fitness center hosts a 5K run 10 a.m. Monday. Participants stop at five stations, draw a card and see who has the best hand at the end of the run. Sign up in advance at the fitness center.

St. Patrick's Day 10K bike race
The fitness center hosts a 10K bike race at 10 a.m. March 16. Sign up in advance at the fitness center.

Air Force Tae Kwon Do
Anyone interested in trying out for the Air Force Tae Kwon Do team needs to submit an Air Force Form 303 to the fitness center by March 15. For more information, call the fitness center at 782-4026.



Registration for USAF marathon
Registration is under way for the 2003 USAF Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

Softball sign-ups
If interested in playing softball, sign up at the fitness center. This season there's going to be a men's and a women's team. For more information, call the fitness center at 782-4026.

Lifeguards needed
The fitness center seeks responsible individuals to be lifeguards for this season. If interested, stop by the fitness center or call Tech Sgt. Jeffery Overly at 782-4026.

Martial Arts Classes

Budo Taijutsu/Ninjutsu
Non-Sat and Sun FREE

Taekwon-Do
8-9 p.m. Mon-Fri.

Kuk Soo Hapkido
7 a.m. and 7 p.m. Mon-Fri.

Tang Soo Do
6 a.m. and 7 p.m. Mon-Fri.

Aerobics Classes

Monday
530 a.m.- Aerobics
545 p.m.- 15-minute Abs
6 p.m.- Step Challenge

Tuesday
530 a.m.- Aerobics
6 p.m.- Step Challenge

Wednesday
530 a.m.- Aerobics
545 p.m.- 15-Minute Abs
6 p.m.- Kickbox

Thursday
530 a.m.- Aerobics
6 p.m.- Step Hi/Lo

Friday
530 p.m.- Aerobics
6 a.m.- Bootcamp

Saturday
10 a.m.- Step Mountain
11 a.m.- 15-minute Abs

PACAF - Fit 2 Fight

SCORES & MORE

BOWLING		
American League		
	W	L
Fabrication	118	42
Red Devils	111	49
SUPSA	100	60
Med Dawgs	92	68
8 MOS	87	73
COMM A	86	74
TRANS	84	76
Munitions 2	78	82
SVS	76	84
5 AMF	74	86
COMM B	70	90
OSS A	68	92
SFS	66	94
8 AMF	62	98
Gatekeepers	61	99
Army	25	135

National League		
	W	L
Kwang Ju	98	54
PMEL	89	63
Bd Ammo	89	63
Big Green Truck	86	66
Avionics	85	67
Fuel Shop	84	68
CTPF	78	74
QA Buzzards	76	76
Wing Dings	75	77
Jack Stogies	74	78
MDG B	72	80
OSS	70	82
8th AMF	70	82
Munsons	70	82
MDG C	56	96
Post Office	40	112

INTRAMURAL BASKETBALL

	W	L
MDG	12	3
COMM A	12	3
CES A	12	3
Dirtybirds	11	3
SFA	11	4
MXS	10	4
Army	10	5
OSS	10	5
MSS	10	5
CES B	7	9
SFS B	6	9
MXO	5	10
AMMO	3	11
LRS	3	12
COMM B	2	12

OVER-30 BASKETBALL

	W	L
MDG	10	3
KUNDAWGS	10	3
MXS	10	4
CES	7	6
EAGLES	6	6
COMM	6	7
W Varsity	1	11

Lifeguards

Needed

Fitness Center seeks lifeguard volunteers for upcoming season.

Call 782-4026 for more information.

Personal trainers:

Whipping people into shape

By: Staff Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The 8th Fighter Wing commander, during his introduction speech to newcomers, suggested people establish a few goals while stationed at Kunsan Air Base. These goals could range from saving money, to finishing a college degree, to losing a few pounds.

If losing weight and getting fit are goals you've set for yourself, the sports and fitness center has people who can help.

Staff Sgt. Angela Crawford and Senior Airman Ira Palmer are certified personal trainers and can help establish workout programs for people who want to lose weight or just want to get more fit.

Crawford, the sports director, has an aerobics certification with the American Fitness Aerobic Association and personal training and strength certifications from Cooper's Institute, the organization that trains fitness center staff to be personal trainers.

Setting up a program is easy. All you have to do is stop by the fitness center and see one of the personal trainers. Crawford or Palmer will discuss personal goals, eating habits and general health before setting up a program.

The actual process doesn't take very long, Crawford said.

"The assessment takes about half an hour. I set the program up on my own time, but it depends on when the person wants to begin working out," she said. "I can have it done the same day or the next day."

Once the program is completed, she'll go through it and demonstrate the proper techniques for each exercise.

1st Lt. Lisa Moreno, 8th Services Squadron food service officer who has been working out since age 14, decided to see a personal trainer because she

wanted to tone her body. "I'd been eating poorly and been doing the same workout and was not seeing the results I wanted," she said. "Staff Sgt. Crawford helped me get a program that was for me. I also had a bet with one of my NCOs to lose weight. She wanted to lose weight so I decided to do a plan with her."

Crawford stressed people who begin a personalized workout won't begin to see results for about six weeks. At that time, Crawford reassesses the workout routine and adjusts it to ensure they're still benefiting from it.

"The biggest misconception people have is they'll see results the same week they begin their workout or right after a workout," she said.

Moreno was seeing good results from her workout program until she got sick and had to stop running. "I'm trying to get back into it again," she said.

The biggest challenge Crawford faces is motivating people to come in. She does this, however, by leading by example. Crawford went to a personal trainer while assigned to Misawa Air Base, Japan, and eventually started helping her personal trainer with her customers.

Setting up an appointment to see a personal trainer is endorsed by the food service officer.

"It's good if someone doesn't know where to start and what machines to use for certain body parts. I highly recommend it," she said.

Before deciding to see one of the fitness center's personal trainers for a personal workout program, decide if you want to make a lifestyle change because Crawford says that is what it is. "People shouldn't come in and say they want to lose 20 pounds to fit into a dress, reach that goal, stop working out, and put 20-plus pounds back on. This is something you need to keep up forever," she said.

Remember aerobics, strength, flexibility

Fitness program should be designed to reflect your primary goal while addressing your all round physical fitness. The three basic exercise groups that will help you achieve your goals are aerobics, strength training, and stretching.

Aerobics - for stamina and endurance - Aerobic exercise conditions your cardiovascular system as well as your lungs and is an effective way to burn calories and lose weight. Aerobic exercise includes walking, jogging, biking, cross-country skiing, tennis, boxing, and tap dancing.

Strength training - for stronger muscles - Strength training uses your existing muscle strength to build lean muscle mass by causing the targeted muscles to contract and the attached tendons to repeatedly tug against your bones. Many of these exercises employ dumbbells and weights. Stronger muscles improve posture, balance, and coordination and usually result in a more youthful body shape.

Stretching - for flexibility - Stretching is vital to any exercise regimen. Stretching after your workout helps prevent injuries, maintains flexibility, and is wonderfully relaxing. You can improve and gain a greater range of motion in your joints and reduce arthritis and back pain. All physical activities become easier and more enjoyable if you have strong flexible joints.

Remember to start any exercises slowly and progress gradually.

Information courtesy of Yahoo! Health

Moving Soon?

Remember your B.A.C.K. when you lift!

B: Broad-base support

A: Keep spine aligned

C: Contract your abdominal and back muscles

K: Bend at the knees



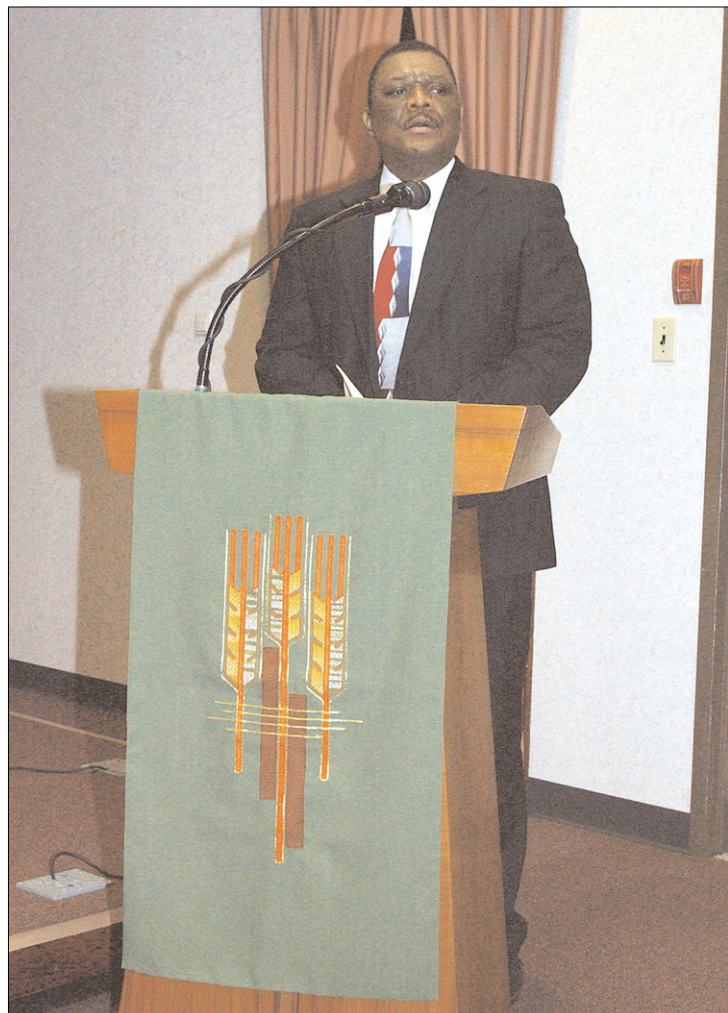
— Courtesy of the Health and Wellness Center

Gospel Extravaganza

Ending African-American Heritage Month with a bang



Senior Airman Ingrid Schweiker, 8th Logistics Readiness Squadron; Senior Airman David Wilkins, 8th Communications Squadron; and Senior Airman Jolene Meltzer, 8th Maintenance Squadron, perform the "Civil Rights Dramatizations" play during the gospel extravaganza.

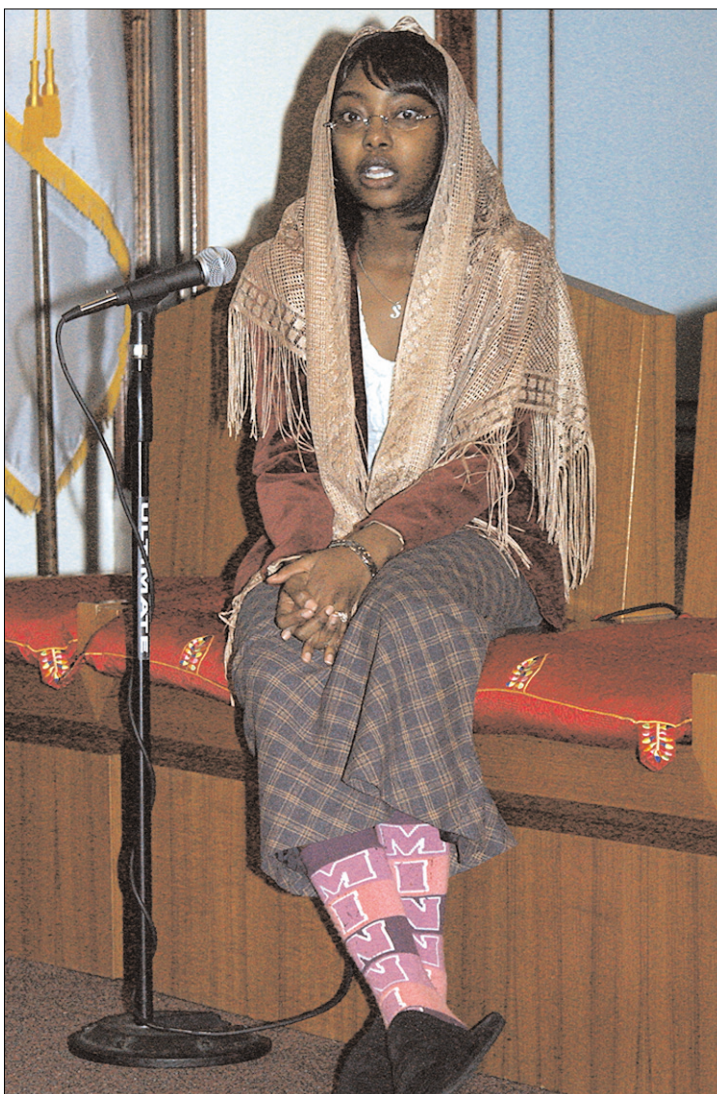


Photos by Staff Sgt. Maritza Freeland

Senior Master Sgt. Timothy Wells, 8th Operations Support Squadron, performs master of ceremony duties during the gospel extravaganza, an event that culminated African-American Heritage Month at the chapel Feb. 28.



Senior Airman David Wilkins, 8th Communications Squadron, plays the drums during the gospel extravaganza at the chapel Feb. 28.



(Left) Airman 1st Class Shayla Saulsbury, 8th Maintenance Squadron, portrays Harriet Tubman during the gospel extravaganza.